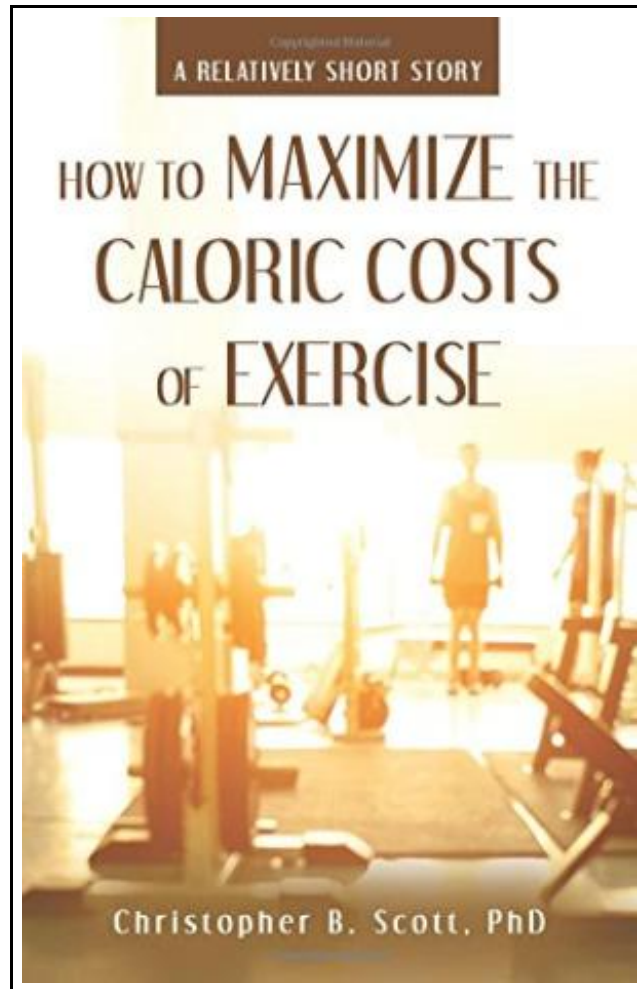


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Archway Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Regular physical activity creates a myriad of physiological changes within the human body, almost all of it good. Exercise is, in fact, the heart and soul of physical and athletic development. The book you are reading however is not about that - you'll need to read about the enhancement of muscular performance elsewhere. This is a book about the hows and whys of maximizing the caloric expenditure of exercise with the hopeful achievement of losing body fat. From such a perspective, I am at a current understanding that exercise designed to increase athletic ability does not necessarily carry-over to weight loss?the goal of weight reduction and the enhancement of physical performance require separate program designs. As part of my learning (data collecting) and teaching (data promoting) background, I count calories for a living and have been happily at it for over 30 years. The following chapters present energy cost estimates ? aka, calories (kcal) burned - based on numbers collected from actual laboratory measurements as well as speculative interpretations that have all been converted into an energy cost and fat loss appraisal: More vs. Less. I continue to search for those specific types of exercises and activities that yield the largest numbers, with my primary objective being to find those physical movements with the best potential to maximize caloric costs and fat burning. It is not a straightforward story?.



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